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Accredited to:
NZS 8164:2005
Day-Stay Surgery &
Procedures



Nutritional Guidelines – to aid a speedy recovery

The quality of your nutrition is vital to your healing – we cannot emphasise this enough

- ❖ As your mouth and tongue may be numb for several hours after your surgery, please take care with hot food and drinks.
- ❖ Take care not to bite your lips, cheeks or tongue.
- ❖ It is advisable that you refrain from smoking for 2 weeks post-operatively.

For the next few days you should eat a fairly soft type of diet. This will protect the sites of surgery and prevent any damage.

Before you start taking your post-operative medication, please have something fairly substantial to eat. We suggest something from the following list.

Suggestions for a soft diet

- Eggs (scrambled, poached, omelette)
- Pasta - soft pasta - macaroni, spaghetti (tinned is ok)
- Mashed veges - with gravy or sauce
- Noodles
- Crepes / Pancakes

Other ideas

- Soups
- Stewed apple
- Yoghurt
- Ice cream
- Custard
- Fruit smoothies - *please don't use a straw as this can activate bleeding*
- Jellies
- Weetbix
- Porridge

As the days go by, you will be able to progress to more solid food.

Suggestions

- Mince - spaghetti & meatballs, spaghetti bolognaise, shepherds pie
- Casserole
- Fruit - bananas, blueberries, kiwifruit, melon

- ❖ Remember though, the surgery site may still be tender and if you eat food such as toast or steak, this may cause damage to the soft tissue/gum and result in pain and swelling.
- ❖ **Your sutures** will resorb in about 7 – 10 days. They can sometimes be a little slow to disappear depending on where they are in your mouth. Food can gather around the sutures so do continue to rinse regularly for up to a week later.
- ❖ **Follow up** - Our nurse will call you a few days later to check on your progress and if required, she will arrange a follow up appointment for you. If required, this is can be 1 to 2 weeks after surgery.
- ❖ **If you have any questions or concerns, please do not hesitate to call the office on (09) 529 5061**

We hope this information has been helpful and has assisted in your recovery.